



SENIOR

The publication for and about the active generation of Davis County

Scoop

Caregiver educational classes continue

Davis County's Family Caregiver Support Program continues with the remainder of its six-week series of classes for individuals who care for family members that are older and/or frail.

The one hour classes are offered at two different locations in Davis County. On Tuesdays, the classes are held at the Legacy Village Assisted Living Center (1201 N. Fairfield Rd, Layton) at noon. On Fridays, the classes are held at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:45 a.m. A complimentary lunch is provided at each class but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

The final set of classes ends Tuesday, Feb. 8, or Friday, Feb. 11.

For more information or to RSVP for lunch, please contact Megan Forbush at (801) 525-5088.

Davis County Senior Services thanks the following agencies for sponsoring these classes: Legacy Village, Golden Years Senior Activity Center, and South Davis Home Health.

Remaining class schedule is:

Feb. 1st and 4th: "Caregiving vs. Parenting: Ways to Minimize Your Frustration" – CJ Benson and Denise Cook, South Davis Home Health

Feb. 8th and 11th: "Nutrition for Seniors" – Bonnie Athas, Davis County Health Department

Are you consuming too much salt? Probably

American Heart Association,
www.heart.org

The American Heart Association has issued a call to action for the public, health professionals, the food industry, and the government to intensify efforts to reduce the amount of sodium (salt) Americans consume daily.

In an advisory, published in *Circulation: Journal of the American Heart Association*, the association sets out the science behind the American Heart Association's recommendation for the general population, which is to consume no more than 1,500 milligrams (mg) of sodium a day. This is because of the harmful effects of sodium – elevated blood pressure and increased risk of stroke, heart attacks and kidney disease. Elevated blood pressure (hypertension) is a major public health problem – approximately 90 percent of all Americans will develop hypertension over their lifetime.

Sodium consumption is currently more than two times higher than the recommended upper limit of 1,500 mg daily,

with 77 percent of that consumption coming from packaged, processed, and restaurant foods. "Even a modest decline in intake – say 400 mg per day – would produce benefits that are substantial and warrant implementation," say the advisory authors.

The 2005 United States Dietary Guidelines for Americans recommended a sodium intake limit of 2,300 mg per day, which many health experts say is too much for most Americans. Earlier this year, the Dietary Guidelines Advisory Committee recommended to the secretaries of the United States Departments of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) that the goal should be modified to 1,500 mg per day for the general population. The advisory committee consists of leading scientists who reviewed the most recent scientific studies and created a set of recommendations that are being reviewed by the secretaries.

Recently, the American Heart Association lowered their recommendation to no more

than 1,500 mg of sodium daily for the general public; after a report from the Centers for Disease Control found that a majority of the American population either has high blood pressure or is at high risk for developing it.

According to the advisory:

- As sodium intake rises, so does blood pressure and the risk of negative health outcomes.
- Independent of its effects on blood pressure, excess sodium intake adversely affects the heart, kidneys, and blood vessels.
- The potential public health benefits of sodium reduction are enormous and extend to all Americans.
- Scientific evidence on the adverse effects of excess sodium is strong and compelling.
- The American Heart Association's 2020 impact goals – to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent – include a population-wide reduction of sodium consumption to less than 1,500 mg/daily as one of the ways

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'Be Fit & Fab' Advice Corner

Calcium and vitamin D are essential parts of a healthy diet. Calcium is needed because it maintains strong bones and teeth, aids in blood clotting, helps regulate heartbeat, helps maintain a healthy blood pressure, and may help to lower the risk of some cancers. Vitamin D is needed because it works with calcium to maintain strong bones, helps to maintain muscle strength, may help to lower the risk of some cancers, and protects immune function.

Some ways to increase calcium and vitamin D in your diet include: drink milk with meals and snacks; add nonfat milk powder or undiluted evaporated milk to soups, casseroles, sauces, puddings, and baked goods; use milk instead of water to make hot cocoa; enjoy a container of yogurt at breakfast, lunch, or snack; sprinkle reduced fat cheese on a baked potato and over salads; look for cereals and juices fortified with calcium and vitamin D; and use canned salmon for salmon cakes, salmon loaf, and salmon salad.

May you live long, live strong, and live happy!

By Bonnie Athas, DCHD Registered Dietician

Construction nears the final stretch



During a welcome break in the winter weather, a construction crew adds exterior panels to the North Davis Senior Activity Center in Clearfield while additional work continues inside. When it opens for business in early March, the facility – being built next to the new Davis County Health Department – will replace the Heritage Senior Activity Center.

Photo by Bob Bailew, DCHD

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All issues of Senior Scoop are available at
http://www.daviscountyutah.gov/senior_scoop



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			2 AG – Watercolor 9:30 Ground Hog Day Quiz 11:30 GY – Senior Tap 8 Line Dancing 10 HC – "Healthy Mind Body & Spirit" 11:30	3 AG – **Water Exercise 9 Arts, Crafts 10 Trivia 11:30 GY – **Medicare Counseling Shopping 12:30 HC – Movie & Popcorn 12:15	4 AG – Choir Entertainment 10:45 Pinochle 12 GY – Water Color 9 Caregiver Class 11:45 HC – Social Services 11 Stress Management 11:30	5
6	7 AG – **Water Exercise 9 Lifetime Fitness 9 GY – Free Portrait Photo 10:30 "Healthy Mind Body & Spirit" 12 HC – Rubber Stamp 10 Movie & Popcorn 12:15	8 AG – Crazy Auction 11:30 Square Dancing 12:30 GY – **Tax Preparation Lapidary/ Silversmith 8:30 HC – Lapidary 8:30 **Medicare Counseling	9 AG – Personal Care Presentation 11:30 GY – Blood Pressure 10:30 HC – Wii Fit & Balance 10 Bingo 12:15	10 AG – **Wendover **Senior Day at Legislature Shopping 12 GY – **Back Massage 10 Sing a Long 12:30 HC – **Medicare Counseling	11 AG – Lapidary 8 **Mystery Trip 10:30 GY – Beginning Tap 8 Caregiver Class 11:45 HC – Paper Quilling 9 **Texas Hold 'Em 12	12
13	14 AG – **Tai Chi 8:30 Valentine Party 11:30 GY – Yoga 10 Valentine Dance 12:30 HC – **Texas Hold 'Em 12 Bingo 12:15	15 AG – Quilting Bee 9 Computer 9:30 Nutty Quiz 11:30 GY – Senior Tap 8 Woodcarving 9 HC – Wii Fit & Balance 10 Pinochle 12:15	16 AG – Silversmithing 9 **Eat Out 11 GY – Ceramics 9 Grief Support 11 HC – Art Class 9 **Texas Hold 'Em 12	17 AG – **Tai Chi 8:30 Heart Presentation 11 GY – Senior Tap 8 Strength Training 10:30 HC – Porcelain 9 Hand & Foot Card Game 12:15	18 AG – Choir Practice 10 Mobility As You Age 11:30 GY – Stained Glass 9 Old Time Combo Band 10:30 HC – **Birthday Party 11:30	19
20	21 Centers Closed Presidents' Day	22 AG – Lifetime Fitness 9 Presidents' Day Quiz 11:30 GY – Sit n Fit 8:30 Tai Chi 10:30 HC – **Medicare Counseling	23 AG – Bingo 10:30 Ceramics 12 GY – Blood Pressure 10:30 Bingo 12:30 HC – Wii Fit & Balance 10 Bingo 12:15	24 AG – Bunco 10 "Healthy Mind Body & Spirit" 11:30 GY – Sit n Fit 8:30 "Bill Curtis Band" 10:30 HC – Center closed at 12 for Moving	25 **AG, GY Feb. Birthday Party AG – Movie & Popcorn 12 GY – Tai Chi 9:30 HC – Center Closed for Moving	26
27	28 AG – Oil Painting 9 Bingo 10:30 GY – Senior Tap 8 Beginning Line Dance 10 HC – Center Closed for Moving	Mar. 1 AG – Lapidary/ Silversmith 8 Shopping 12 GY – Lapidary/ Silversmith 8:30 ND – China Painting 8:45 Shopping 12:15	Mar. 2 AG – **Water Exercise 9 Line Dancing 1 GY – Soft Aerobics 8:30 ND – Art Class 9 Bingo 12:15	Mar. 3 AG – Lifetime Fitness 9 **Wiringwrapping 9 Bridge 12 GY – Shopping 12:30 ND – Pinochle 12:15	Mar. 4 AG – Bingo 10:30 GY – Line Dancing 9:30 Grief Support 1 ND – Wii Fit & Balance 10 Ceramics 12	5
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG – Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037		GY – Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010		HC – Heritage (801) 773-7065 140 East Center Street Clearfield, UT 84015		ND – North Davis (starts Mar. 1) (801) 525-5080 42 South State Street Clearfield, UT 84015

Are you consuming too much salt?

Probably

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the association will measure the nation's cardiovascular health. Furthermore, a normal range blood pressure is another key factor the association will use to measure the nation's cardiovascular health status.

• The American Heart Association is part of the National Salt Reduction Initiative, which is working with the food industry to reduce sodium content in packaged and restaurant food.

Inherent to the negative health effects are rising healthcare costs, the authors add. They point to one recent study that suggests a national effort that reduces sodium intake by 1,200 mg per day should reduce the health burdens related to heart disease in addition to reducing costs by up to \$24 billion per year.

"Americans deserve the opportunity to choose how much sodium is in the food they eat. By supporting measures that will reduce sodium in the overall food supply, we are giving consumers freedom to select foods that could allow them to meet sodium recommendations and improve their ideal cardiovascular health," said Ralph Sacco, M.D., president of the American Heart Association.

The American Heart Association advocates for more robust sodium criteria within school nutrition standards, foods advertised and marketed to children and foods purchased by employers or government feeding programs, and for the Secretaries of HHS and USDA to adopt the Dietary Guidelines Advisory Committee recommendations.

The association also supports improved food labeling that helps consumers understand how much sodium is in their diet and consumer education in restaurants to help consumers choose lower-sodium options.

For more information, please visit the American Heart Association website at www.heart.org.

Need help keeping your New Year's resolution?

Attendees received valuable information during last spring's Living Well with Chronic Conditions class series lead by DCHD's Jessica Hardcastle and Kim Cannon. For a class schedule and more information, call 801-525-5087.



Photo by Bob Ballew, DCHD

MAKE A NEW YEAR'S RESOLUTION: GET YOUR AFFAIRS IN ORDER!

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Robyn Walton
Attorney

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- Do you have a current Medical or Financial POWER OF ATTORNEY?
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